

## Saunfia Jhinga Recipe

### Ingredients:

- Prawns – 6, deveined, shelled
- Butter – 1/2 tbsp
- Fennel Seeds – 1 tsp, broiled, coarsely powdered
- Garlic – 1 tsp, chopped
- Green Chillies – 3, deseeded, chopped
- Fried Onion Paste – 1 tbsp
- Lemon Juice – 1 tbsp
- Cream – 1/4 cup
- Yogurt – 1/4 cup
- Ginger – 1/2 tsp, chopped
- Salt as per taste



### Method:

- Heat butter in a frying pan over moderate flame.
- Add the fennel seeds and fry for 10 seconds.
- Add green chillies, garlic and onion paste.
- Stir-fry for a few minutes.
- Add all the other ingredients, except prawns, and cook for 6 to 9 minutes.
- Remove from heat.
- Add the prawns to an ovenproof dish and spoon over the reserved mixture on top.
- Cover and cook in a preheated oven at 180C/350F for 15 minutes.
- Remove and transfer to a plate.
- Serve hot with rice.